



United States Department of Agriculture

MyPlate KITCHEN

COOKBOOK

MENU

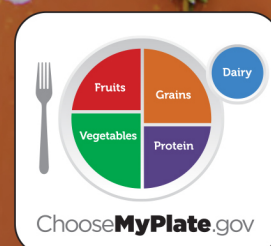


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Pasta Primavera



Makes: 3 servings

A flavorful spring recipe that you and your family will savor. Use your favorite spring vegetables from your garden or local farmers market: kohlrabi, sugar snap peas, carrots, and asparagus are all delicious options.

Ingredients

- 1 cup noodles, uncooked
- 1 tablespoon vegetable oil
- 2 cups mixed vegetables (chopped)
- 1 cup tomatoes (chopped)
- 1 tablespoon margarine
- 1/4 teaspoon garlic powder
- 1/8 teaspoon black pepper
- 3 tablespoons Parmesan cheese

Directions

1. Cook noodles according to package directions.
2. While noodles are cooking, heat oil in a skillet.
3. Add vegetables and saute until tender; stir constantly.
4. Add tomato and saute 2 more minutes.
5. Toss vegetables with noodles and margarine.
6. Add seasonings; sprinkle with Parmesan cheese.

Source:

Utah State University Cooperative Extension

Nutrition Information

Serving Size: 1/3 of recipe (180g)

Nutrients Amount

Total Calories 336

Total Fat 11 g

Saturated Fat 2 g

Cholesterol 3 mg

Sodium 147 mg

Carbohydrates 48 g

Dietary Fiber 8 g

Total Sugars 6 g

Added Sugars included 0 g

Protein 11 g

Vitamin D 0 mcg

Calcium 103 mg

Iron 2 mg

Potassium 398 mg

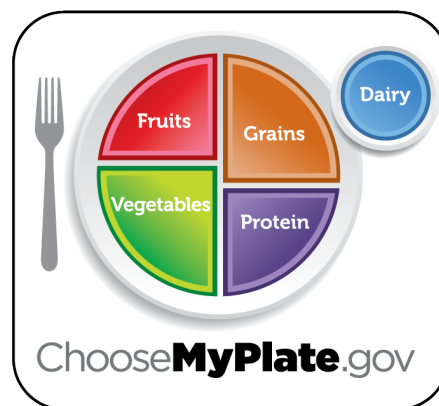
Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Vegetables 1 cups

 Grains 1 1/2 ounces

 Dairy 1/4 cups



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Salmon Patties



Makes: 6 servings

Tasty patties cooked in a skillet that are perfect topped with fresh lettuce, tomato, and a side of fresh or canned pineapple.

Ingredients

- 1 can salmon, 16 oz (Use canned salmon with bones to get extra calcium.)
- 1 tablespoon lemon juice
- cold water
- 1/4 cup minced celery (optional)
- 1 tablespoon green pepper (optional)
- 1/2 medium onion
- 2 large eggs
- 1/3 cup bread crumbs or cracker crumbs
- 2 tablespoons all-purpose flour
- 1/8 teaspoon black pepper
- 1 tablespoon vegetable oil

Directions

1. Wash fresh vegetables (if using).
2. Collect, mince, and measure all ingredients before starting to prepare the recipe.
3. Open salmon, and drain liquid into a liquid measuring cup. Add lemon juice and cold water to the salmon liquid to make ½ cup liquid total, and set aside.
4. Put the salmon in a separate mixing bowl. Mix in the celery (if using), green pepper (if using), and onion.
5. In another small bowl, beat the eggs. Then, add them to the salmon mixture.
6. Add the bread or cracker crumbs, flour, pepper, and the salmon liquid mixture to the salmon mixture, and stir until all ingredients are mixed together.
7. Use ⅓ cup measuring cup to measure salmon mixture. Shape into a ½ inch thick patty, and place on a plate. Repeat to make 6 patties.
8. Heat the oil in a skillet over medium heat, then add 3 patties.
9. Cook for about 2 to 3 minutes (or until golden brown) on each side.
10. Remove patties from skillet, and place on a clean paper towel-lined plate to drain. Cook remaining 3 patties, then serve immediately. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Source:

Missouri Nutrition Network, Eat for Health Toolkit Otras opciones: ONIE Project & Colorado State University Extension

Nutrition Information

Serving Size: 1 patty

Nutrients	Amount
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Total Calories	166
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Total Fat	8 g
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Saturated Fat	1 g
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Cholesterol	98 mg
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Sodium	316 mg
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Carbohydrates	7 g
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Dietary Fiber	1 g
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Total Sugars	1 g
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Added Sugars included	0 g
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Protein	16 g
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Vitamin D	10 mcg
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Calcium	159 mg
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Iron	1 mg
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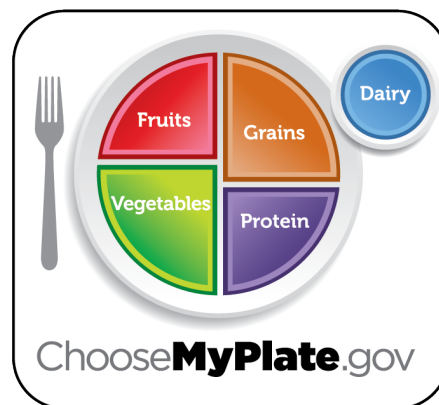
Potassium	261 mg
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Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Grains 1/2 ounces

 Protein Foods 2 1/2 ounces



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Banana Split Oatmeal



Makes: 1 serving

Frozen yogurt and bananas turn oatmeal into a healthy dessert or satisfying snack.

Ingredients

- 1/3 cup oatmeal (dry, quick-cooking)
- 1/8 teaspoon salt
- 3/4 cup water (very hot)
- 1/2 banana (sliced)
- 1/2 cup frozen yogurt (non-fat)

Directions

1. In a microwave safe cereal bowl, mix together the oatmeal and salt. Stir in water.
2. Microwave on high power for 1 minute. Stir. Microwave on high power for another minute. Stir again.
3. Microwave an additional 30-60 seconds on high power until the cereal reaches the desired thickness. Stir again.
4. Top with banana slices and frozen yogurt.

Source:

Colección de Recetas de University of Nebraska Cooperative Extension, p.14
Personal de la Universidad de Nebraska-Lincoln

Nutrition Information

Serving Size: 1 full recipe (357g)

Nutrients	Amount
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Total Calories	267
-----------------------	------------

Total Fat	3 g
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Saturated Fat	1 g
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Cholesterol	5 mg
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Sodium	360 mg
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Carbohydrates	53 g
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Dietary Fiber	4 g
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Total Sugars	28 g
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Added Sugars included	8 g
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Protein	9 g
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Vitamin D	0 mcg
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Calcium	179 mg
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Iron	1 mg
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Potassium	508 mg
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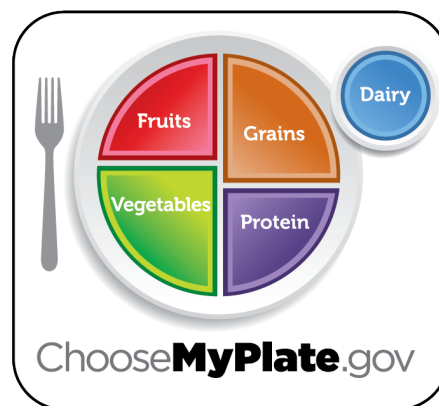
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MyPlate Food Groups

 Fruits	1/2 cups
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 Grains	1 ounces
--	----------

 Dairy	1/4 cups
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Orange Banana Frosty



Makes: 2 servings

The perfect treat to end a hot summer day. Toss the ingredients in the blender and enjoy!

Ingredients

- 1 banana (frozen)
- 1/2 cup low-fat yogurt (plain)
- 1/2 cup orange juice (prepared)

Directions

1. Put all ingredients in a blender and mix well.
2. Add more liquid if you want the drink thinner.

Source:

University of Nebraska, Recipe Collection, p.5
Staff from the University of Nebraska-Lincoln Cooperative Extension

Nutrition Information

Serving Size: 1/2 Cup (179g)

Nutrients	Amount
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Total Calories	119
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Total Fat	1 g
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Saturated Fat	1 g
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Cholesterol	4 mg
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Sodium	44 mg
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Carbohydrates	24 g
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Dietary Fiber	2 g
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Total Sugars	17 g
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Added Sugars included	0 g
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Protein	4 g
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Vitamin D	0 mcg
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Calcium	122
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Iron	0
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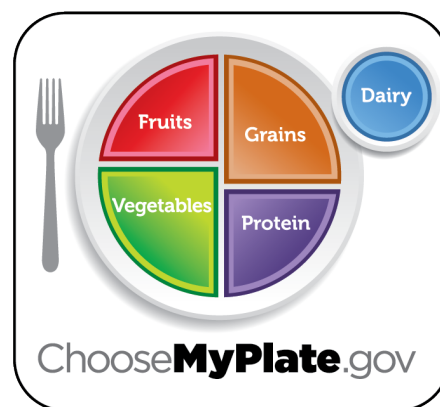
Potassium	479
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Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Fruits 3/4 cups

 Dairy 1/4 cups



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Herb Broiled Beef



Makes: 4 servings

Prepare this marinated beef the night before, and have dinner on the table in less than half an hour!

Ingredients

- 1/4 cup onion (chopped)
- 2 tablespoons parsley
- 2 tablespoons white vinegar
- 3 teaspoons prepared mustard
- 1/4 teaspoon garlic powder
- 1/4 basil, dried (or thyme) (1/4 teaspoon, optional (analyzed using basil))
- 1 pound boneless beef chuck shoulder steak, cut 1-inch thick

Directions

1. Mix onion, parsley, vinegar, mustard, garlic powder and basil or thyme.
2. Place meat in plastic bag and pour in marinade.
3. Close bag securely, place in a bowl and marinate in refrigerator six to eight hours or overnight, turning at least once.
4. Pour off marinade and discard. Place meat on rack in broiler.
5. Broil 15 to 20 minutes or until desired doneness, turning once.
6. Cut into thin slices to serve.

Source: Missouri Nutrition Network, Eat for Health Toolkit

Nutrition Information

Serving Size: 1/4 of recipe (134g)

Nutrients	Amount
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Total Calories	155
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Total Fat	5 g
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Saturated Fat	2 g
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Cholesterol	71 mg
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Sodium	83 mg
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Carbohydrates	1 g
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Dietary Fiber	0 g
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Total Sugars	1 g
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Added Sugars included	0 g
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Protein	24 g
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Vitamin D	0 mcg
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Calcium	19 mg
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Iron	2 mg
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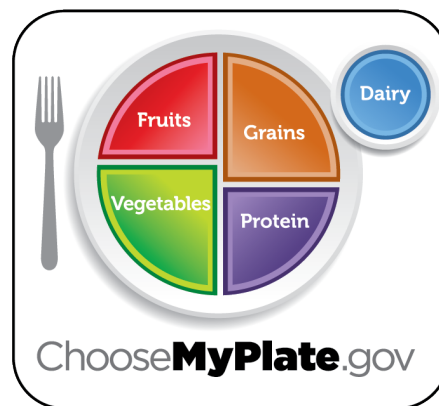
Potassium	226 mg
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Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Protein Foods

2 1/2 ounces



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Tropical Morning Treat



Makes: 4 servings

Enjoy this tasty fruit dish in the morning or as a snack anytime of the day.

Ingredients

- 1/4 cup orange juice
- 1 apple
- 1 orange
- 1 banana

Directions

1. Place orange juice in bowl.
2. Wash apple and dry. Remove the seeds and dice. Coat apple surfaces with orange juice to prevent browning.
3. Peel orange and break into sections. Cut sections into small pieces.
4. Peel and slice banana into 1/4 inch circles.
5. Combine all fruit and orange juice lightly in a bowl and mix together. Chill or serve immediately.

Source:

University of Wyoming, Cooperative Extension, Cent\$ible Nutrition Cook Book, p.fv-21

Nutrition Information

Serving Size: 1/2 cup, 1/4 of recipe (114g)

Nutrients Amount

Total Calories **67**

Total Fat **0 g**

Saturated Fat 0 g

Cholesterol 0 mg

Sodium **1 mg**

Carbohydrates **17 g**

Dietary Fiber 2 g

Total Sugars 12 g

Added Sugars included 0 g

Protein **1 g**

Vitamin D 0 mcg

Calcium 18 mg

Iron 0 mg

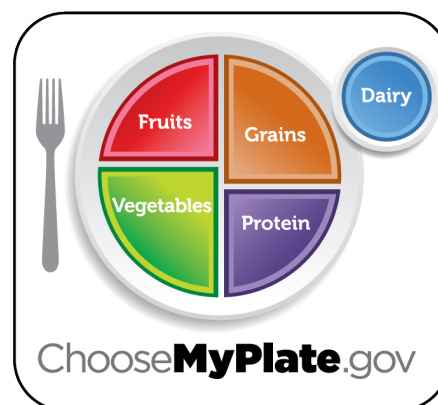
Potassium 233 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Fruits

3/4 cups



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Farmers Market Gazpacho



Makes: 4 servings

Garlic, cumin, and lemon juice give a zesty flavor to this cold, blended vegetable soup. Cilantro added at the end leaves a refreshing pop of flavor.

Ingredients

- 2 cucumbers (diced into 1/4 inch pieces)
- 3 red bell peppers (seeded and diced into 1/4 inch pieces)
- 3 green peppers (seeded and diced into 1/4 inch pieces)
- 4 celery stalks (diced into 1/4 inch pieces)
- 2 tomatoes (diced into 1/4 inch pieces)
- 1 onion (medium, diced into 1/4 inch pieces)
- 2 lemons
- 2 cups tomato juice, low-sodium
- 3 garlic cloves (fresh minced)
- 1 tablespoon cumin (ground)
- 1 cup cilantro (fresh chopped)
- salt and pepper (to taste, optional)

Directions

1. Combine all ingredients except salt, pepper, and lemons in a bowl.
2. Remove 2 cups of the mixture and reserve.
3. Using a blender or food processor, puree the remaining mixture in the bowl.
4. Add 2 cups of reserved mixture to the pureed mixture.
5. Season with salt, pepper (optional) and the juice from the lemons.
6. Cover mixture and refrigerate for at least 2 hours before serving.
7. Serve cold, garnished with chopped cilantro.

Source:

Johnson and Wales University and
Rhode Island Department of Health WIC Program, Veggin' Out Recipe Book, page 42

Nutrition Information

Serving Size: 1/4 of recipe (627g)

Nutrients	Amount
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Total Calories	121
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Total Fat	1 g
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Saturated Fat	0 g
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Cholesterol	0 mg
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Sodium	44 mg
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Carbohydrates	27 g
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Dietary Fiber	7 g
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Total Sugars	16 g
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Added Sugars included	0 g
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Protein	5 g
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Vitamin D	0 mcg
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Calcium	89 mg
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Iron	3 mg
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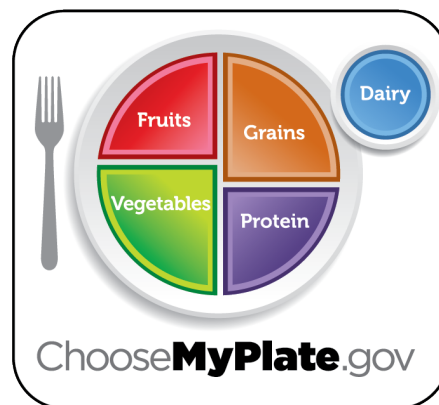
Potassium	1086 mg
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Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Fruits 1/4 cups

 Vegetables 3 3/4 cups



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Zucchini And Tomatoes



Makes: 4 servings

Spend less time cooking and more time enjoying your summer with this fast and delicious summer veggie side dish. Pairs well with grilled meat, fish, or tofu.

Ingredients

- 2 tablespoons butter (or margarine)
- 1/4 cup onion (chopped)
- 1 garlic clove (chopped)
- 1 pound zucchini (chopped)
- 2 tomatoes (peeled and diced, or a 16 ounce can of diced tomatoes, drained)
- 1/4 teaspoon salt
- black pepper (to taste)
- 1 teaspoon sugar

Directions

1. Melt butter in a saucepan over medium heat.
2. Add onion and garlic.
3. Cook until tender, about 5 to 7 minutes.
4. Add zucchini, tomatoes and seasonings.
5. Cover pan, reduce heat, cook until vegetables are tender, about 20 minutes.

Source:

University of Wyoming Cooperative Extension

Nutrition Information

Serving Size: 1/4 of recipe

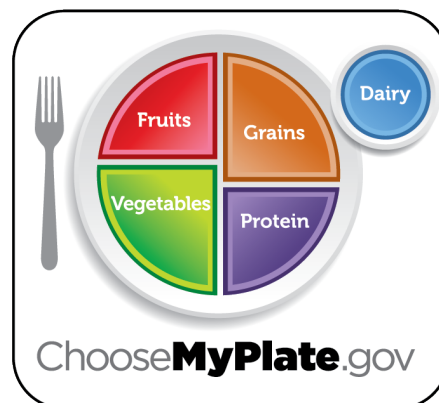
Nutrients	Amount
Total Calories	89
Total Fat	6 g
Saturated Fat	4 g
Cholesterol	15 mg
Sodium	158 mg
Carbohydrates	8 g
Dietary Fiber	2 g
Total Sugars	6 g
Added Sugars included	1 g
Protein	2 g
Vitamin D	0 mcg
Calcium	29 mg
Iron	1 mg
Potassium	446 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

■ Vegetables

1 1/4 cups



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Squash Soup



Makes: 6 servings

Try this delicious soup with acorn squash, pumpkin, butternut squash, crookneck, or a unique variety of winter squash that you grow in your garden or can find at a local farmers market.

Ingredients

- 1 tablespoon olive oil
- 2 onions (medium, chopped)
- 2 carrots (medium, chopped)
- 2 garlic cloves (minced)
- 1 cup tomato puree (canned)
- 5 cups chicken or vegetable broth, low-sodium
- 4 cups winter squash (cooked)
- 1 1/2 tablespoons oregano (dried)
- 1 1/2 tablespoons basil (dried)

Directions

1. In a large saucepan, warm oil over medium heat.
2. Stir in onions, carrots and garlic.
3. Cook for about 5 minutes, covered.
4. Stir in the tomato puree, chicken broth, cooked squash, and herbs.
5. Bring soup to a simmer and cook, covered, for 30 minutes.

Source:

University of Connecticut, Cooperative Extension, From the Farm to the Table.

Nutrition Information

Serving Size: 1/6 of recipe

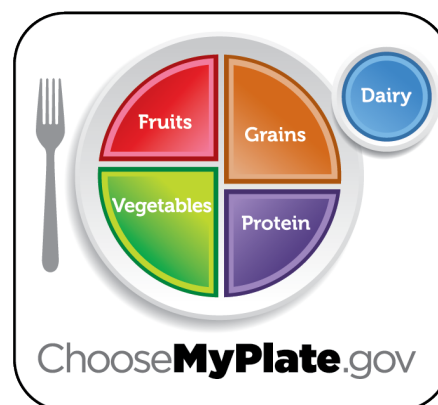
Nutrients	Amount
Total Calories	127
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	1 mg
Sodium	251 mg
Carbohydrates	19 g
Dietary Fiber	4 g
Total Sugars	7 g
Added Sugars included	0 g
Protein	6 g
Vitamin D	0 mcg
Calcium	95 mg
Iron	3 mg
Potassium	735 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Vegetables

1 1/4 cups



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Summer Fruit Salad



Makes: 4 servings

Cook Time: 15 minutes

Toss this fruit salad together in a flash. Doubles and triples easily for a large group.

Ingredients

- 1 cup strawberries (diced, fresh or frozen)
- 1 cup watermelon (cubed)
- 1 cup pineapple chunks, fresh or canned packed in natural juice (and do not drain)

Directions

1. Stir fruit together in a medium sized bowl.
2. Cover and chill. Serve as soon as possible.

Source:

University of Nebraska-Lincoln Cooperative Extension.

Nutrition Information

Serving Size: 3/4 cup fruit salad, 1/4 of recipe (117g)

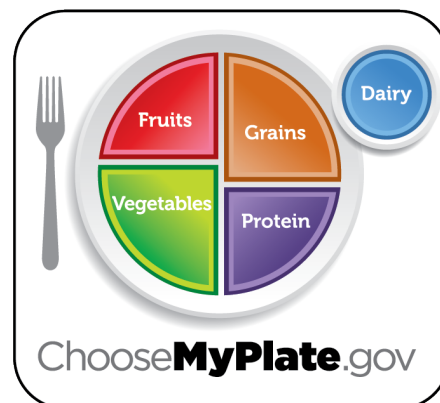
Nutrients	Amount
Total Calories	45
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	1 mg
Carbohydrates	11 g
Dietary Fiber	2 g
Total Sugars	8 g
Added Sugars included	0 g
Protein	1 g
Vitamin D	0 mcg
Calcium	15 mg
Iron	0 mg
Potassium	151 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Fruits

3/4 cups



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Orange Honeyed Acorn Squash



Makes: 6 servings

Orange juice, honey, butter, and spices are the perfect pairing for acorn squash. Enjoy this recipe with your favorite protein foods.

Ingredients

- 3 acorn squash (small)
- 1/8 cup frozen orange juice concentrate (2 Tablespoons)
- 1/4 cup honey
- 2 tablespoons butter or margarine
- nutmeg (1/8 teaspoon, optional)

Directions

1. Preheat oven to 400 degrees.
2. Cut squash in half. Remove seeds and place halves in shallow baking pan.
3. Combine orange juice and honey. Mix well. Put some of the orange juice/honey mixture in each squash cavity.
4. Add 1 Tablespoon of the margarine to each squash half. Sprinkle with nutmeg, if desired.
5. Cover pan with aluminum foil to keep steam in and speed cooking.
6. Bake 30 minutes. Remove foil and continue baking 30 minutes more, or until squash is tender.

Source:

University of Wyoming, Cooperative Extension, Cent\$ible Nutrition Cook Book, p. FV-37

Nutrition Information

Serving Size: 1/2 cup, 1/6 of recipe (239g)

Nutrients Amount

Total Calories **165**

Total Fat **4 g**

Saturated Fat 2 g

Cholesterol 10 mg

Sodium **8 mg**

Carbohydrates **35 g**

Dietary Fiber 3 g

Total Sugars 12 g

Added Sugars included 11 g

Protein **2 g**

Vitamin D 0 mcg

Calcium 74 mg

Iron 2 mg

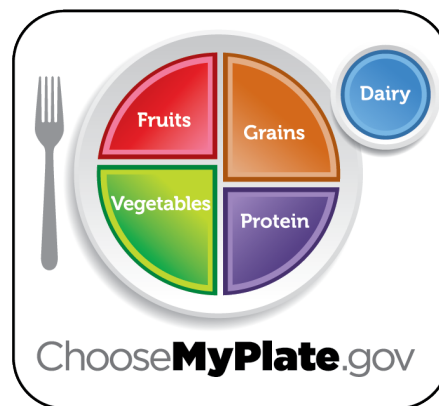
Potassium 767 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Vegetables

1 3/4 cups



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Fantastic French Toast



Makes: 6 servings

Start your day with this classic breakfast recipe and serve it with fresh or canned fruit.

Ingredients

- 2 large eggs
- 1/2 cup non-fat milk
- 1/2 teaspoon vanilla extract
- 6 slices whole wheat bread
- syrup or other toppings (optional)

Directions

1. Preheat the griddle over medium heat, or set an electric frying pan at 375 degrees.
2. Put eggs, milk, and vanilla in a pie pan or shallow bowl and beat with a fork until well mixed.
3. Grease the griddle or pan with a thin layer of oil or use nonstick spray.
4. Dip both sides of bread, one slice at a time, in the egg mixture and cook on the hot griddle or frying pan.
5. Cook on one side until golden brown. Turn the bread over to cook the other side. It will take about 4 minutes on each side.
6. Optional: serve with syrup, applesauce, fruit slices, or jam.

Source:

University of Wisconsin, Cooperative Extension Service, A Family Living Program

Nutrition Information

Serving Size: 1 slice, 1/6 of recipe (66g)

Nutrients	Amount
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Total Calories	102
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Total Fat	3 g
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Saturated Fat	1 g
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Cholesterol	62 mg
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Sodium	160 mg
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Carbohydrates	13 g
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Dietary Fiber	2 g
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Total Sugars	2 g
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Added Sugars included	1 g
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Protein	6 g
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Vitamin D	1 mcg
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Calcium	79
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Iron	1
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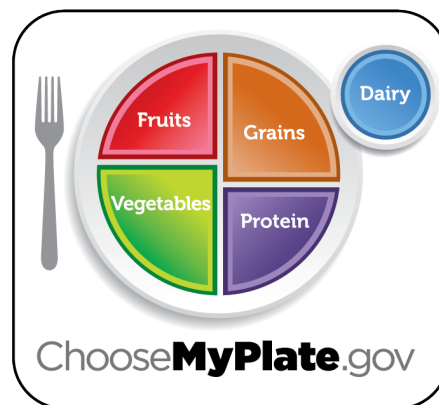
Potassium	126
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Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Grains	1 ounces
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 Protein Foods	1/2 ounces
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Fiesta Mix



Makes: 4 servings

Serve this mix of cereal, raisins, peanuts, and coconut at your next get-together.

Ingredients

- 1 cup cereal with fruit (flakes with raisins type)
- 1 cup bran cereal (chex type)
- 1 cup cereal ("O" type)
- 1/4 cup raisins
- 1/4 cup peanuts
- 1/4 cup shredded coconut

Directions

1. Mix cereals together in a large bowl.
2. Add raisins, peanuts, and coconut; mix well.
3. Eat it dry or with milk.

Source:

[Do-it-Yourself Trail Mix](#), Food Hero, Oregon State University Cooperative Extension Service.

Nutrition Information

Serving Size: 1/4 of recipe (49g)

Nutrients	Amount
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Total Calories	211
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Total Fat	7 g
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Saturated Fat	2 g
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Cholesterol	0 mg
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Sodium	132 mg
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Carbohydrates	35 g
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Dietary Fiber	5 g
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Total Sugars	13 g
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Added Sugars included	5 g
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Protein	6 g
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Vitamin D	1 mcg
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Calcium	295 mg
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Iron	8 mg
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Potassium	314 mg
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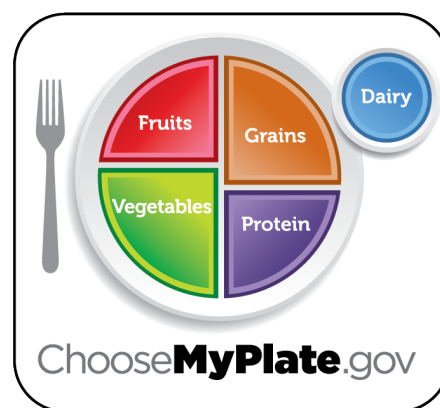
Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Fruits	1/4 cups
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 Grains	1/2 ounces
--	------------

 Protein Foods	1/2 ounces
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Fruit Slush



Makes: 4 servings

Serve this fruit slush as a drink or a dessert, and keep leftovers in the fridge for later. Pour it over fresh ice when you are ready to eat.

Ingredients

- 2 2/3 cups cantaloupe or watermelon (coarsely chopped, seeded, peeled)
- kiwi (1 2/3 cup coarsely chopped, optional)
- sugar (2 tablespoons, optional)
- 2 tablespoons lime juice
- 2 cups water
- ice

Directions

1. In a blender, puree fruit with sugar and lime juice until smooth.
2. Combine fruit mixture and water in a large pitcher.
3. If desired, pour through a strainer to eliminate pulp.
4. Cover and refrigerate for up to a week.
5. To serve, stir well and pour into tall glasses over ice.

Source:

[Watermelon Cooler](#), Food Hero, Oregon State University Cooperative Extension Service.

Nutrition Information

Serving Size: 1/4 of recipe

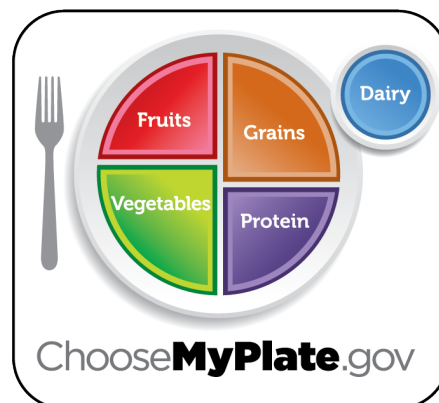
Nutrients	Amount
Total Calories	37
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	22 mg
Carbohydrates	9 g
Dietary Fiber	1 g
Total Sugars	8 g
Added Sugars included	0 g
Protein	1 g
Vitamin D	0 mcg
Calcium	14 mg
Iron	0 mg
Potassium	287 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Fruits

3/4 cups



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